

new site, old habits

status: lazy & tired from scrolling

(I love writing in the cambria font, but unfortunately carrd doesn't have it.) So as of today (and just recently) I've been very focused on the idea that I really hate instagram. I can't say hate but i really don't like how i spend so much time online and how i need my phone like a clutch. i feel dependent on it, yet it makes me feel physically sick and tired. it makes me feel stuck and depressed. i can't. i've always thought about deleting and/or deactivating my social media, yet i always come back to it again and again. its been really hard to break, and i often find excuses to justify why i need to keep it.

despite this, i know im strong enough to actually be disciplined and let go. I guess it's just a matter of whether i want to. i'm a person who can't enjoy things in moderation, but everyone has become this way for social media. anyway, if i can ever find a way to enjoy life outside of the internet, given that its been my entire life for the past decade, i want to be able to legitimately have a hobby and be better able to concentrate on things. improve my social skills and detach from digital media (mostly). i already have a cd drive and i ripped 2 cds to my laptop 🕶️🤘

but yeah... and then in my head i've been thinking a lot about what i *should* be doing in regard to building my relationship with God, but i keep avoiding it. i need to do better, i know i need to and that i can. what is so comfortable about being uncomfortable? with bad habits? depression? with a job one doesn't like? with knowing i can be doing better? even with activism. when i learned more about jesus and also after finishing my thesis, i found myself wanting to be more of an activist. but then i have thoughts... "i don't want to be an activist." i just want to live my life. but what a fortunate position one has to be in to feel that way. no more excuses.